

Start date: \_\_\_\_\_

### VIOLET PROGRAM

Child's name: \_\_\_\_\_

Birth date: \_\_\_\_\_

Please give us information so that we may get to know your infant's needs and your preferences better:

**Fluids that child takes:** Breast Milk \_\_\_\_\_ Formula \_\_\_\_\_ Milk \_\_\_\_\_ Water \_\_\_\_\_  
Kind of formula or milk: (We provide) Similac with Iron \_\_\_\_\_ Isomil \_\_\_\_\_ Whole milk \_\_\_\_\_ 2% \_\_\_\_\_  
Kind of milk provided from home: Breast milk \_\_\_\_\_ or formula (list kind) \_\_\_\_\_  
Please label **all individual** breast milk containers with child's full name & date extracted.

Bottles	Table Foods
Type/Brand:	Is your child eating table food? Yes/No If yes
Nipple Size/Flow:	How well?
Ounces:	
Temperature:	What foods have they eaten?
Frequency:	
<b>Solids</b> (list kind child is eating)	
Cereal:	
Vegetables:	
Fruit:	
Meat:	Do they drink from a tippy cup? Yes/No
Additional comments:	

**Comforting:** Does your child use a pacifier? Yes/No  
If yes, when do you allow the child to have the pacifier? As needed? Yes/No Only at naptime? Yes/No

**Napping:** How does your child sleep?

Position:	Patted: Yes/No
Swaddled: Yes/No	Average length of nap:
Sleep sack: Yes/No	Frequency:
Rocked: Yes/No	Wake to feed: Yes/No If yes after _____ hours.
Additional comments:	

\*All babies will be placed on their backs in a crib to sleep. Sleep sacks will be permitted if parents prefer, but swaddle wraps will not be used at the center.

**Development:**

Is your child mobile? Yes/No	Do they pull to a standing position? Yes/No
Do they crawl? Yes/No If yes:	Do they walk? Yes/No If yes:
How well?	How well?

Start date: \_\_\_\_\_

Does your child have any allergies or physical/developmental concerns that we should be made aware of?

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Describe your child's present abilities and interests. What are his/her preferred positions? How is your child comforted when unhappy? \_\_\_\_\_

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**Any additional information:**

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**Communication:** Do you plan to regularly use Procure Parent Connect? Yes/No

What is the best way to communicate with you? Phone call \_\_\_\_\_ Procure message \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_



Dear Parents,

We know that leaving your baby in someone else's care is not an easy thing to do! We are proud of the high-quality care we give to all children who attend MercyOne Dubuque Child Development Center and Preschool. Through conversations and information from you we will try to tailor our care to your child's needs.

All of our experienced nursery caregivers are re-certified annually in first aid and CPR. They enjoy getting to know the infants in their care and being partners with parents in providing a safe and nurturing environment. Although each infant is assigned a primary caregiver, all members work as a team to provide the best possible care. Their years of experience make them excellent resources for a variety of situations you may encounter as your child grows and develops. Please feel free to ask questions!

We provide the following supplies for your infant: diapers, wipes, bibs, bottles, nipples, formula (either Similac Advance or Isomil), infant cereals, baby food. We ask that you bring a change of clothes for your child, and an extra pacifier, if your child uses one, to leave at the center.

For sanitary purposes we ask that you remove your shoes or use the booties before entering the infant room. For the safety of all involved we ask that you do not allow siblings to enter the infant room. We also request that you wash your child's hands upon arrival. We will continue to wash their hands frequently throughout the day.

When you walk in the infant room you will observe the babies involved in a variety of activities. Some may be sleeping, others being fed or changed. All children will be given time to stretch and play on their tummies and backs on the floor. We also assure that children are placed in a variety of positions including lots of "lap time" with a caregiver.

We are always aware of your child's safety. In SIDS (Sudden Infant Death Syndrome) conferences we have learned that children under the age of one year are safest sleeping on their backs. All children under one year will be put on their backs to sleep. As they are able to roll over, they will be allowed to adopt whatever position they prefer. We do not put heavy quilts or blankets in the cribs. If your practices at home follow similar safety steps it will be easier for the children to adapt their sleeping between the childcare center and home.

We look forward to caring for your child. We hope that it will be the beginning of a beautiful relationship. Please feel free to ask questions at any time.

Sincerely,  
MercyOne Dubuque Child Development Center and Preschool Infant Caregivers

# A Parent's Guide to Safe Sleep

Helping you to reduce the risk of SIDS

## DID YOU KNOW?

- About one in five sudden infant death syndrome (SIDS) deaths occur while an infant is in the care of someone other than a parent. Many of these deaths occur when babies who are used to sleeping on their backs at home are then placed to sleep on their tummies by another caregiver. We call this "unaccustomed tummy sleeping."
- Unaccustomed tummy sleeping increases the risk of SIDS. Babies who are used to sleeping on their backs and are placed to sleep on their tummies are 18 times more likely to die from SIDS.

**You can reduce your baby's risk of dying from SIDS by talking to those who care for your baby, including child care providers, babysitters, family, and friends, about placing your baby to sleep on his back during naps and at night.**

## WHO IS AT RISK FOR SIDS?

- SIDS is the leading cause of death for infants between 1 month and 12 months of age.
- SIDS is most common among infants that are 1-4 months old. However, babies can die from SIDS until they are 1 year old.

## KNOW THE TRUTH... SIDS IS NOT CAUSED BY:

- Immunizations
- Vomiting or choking

## WHAT CAN I DO BEFORE MY BABY IS BORN TO REDUCE THE RISK OF SIDS?

Take care of yourself during pregnancy and after the birth of your baby. During pregnancy, before you even give birth, you can reduce the risk of your baby dying from SIDS! **Don't smoke or expose yourself to others' smoke while you are pregnant and after the baby is born. Alcohol and drug use can also increase your baby's risk for SIDS.** Be sure to visit a physician for regular prenatal checkups to reduce your risk of having a low birth weight or premature baby.

## MORE WAYS TO PROTECT YOUR BABY

Do your best to follow the guidelines on these pages. This way, you will know that you are doing all that you can to keep your baby healthy and safe.

- Breastfeed your baby. Experts recommend that mothers feed their children human milk for as long and as much as possible, and for at least the first 6 months of life, if possible.
- It is important for your baby to be up to date on her immunizations and well-baby check-ups.

## WHERE IS THE SAFEST PLACE FOR MY BABY TO SLEEP?

The safest place for your baby to sleep is in the room where you sleep, but not in your bed. Place the baby's crib or bassinet near your bed (within arm's reach). This makes it easier to breastfeed and to bond with your baby.

The crib or bassinet should be free from toys, soft bedding, blankets, and pillows. (See picture on next page.)

## TALK ABOUT SAFE SLEEP PRACTICES WITH EVERYONE WHO CARES FOR YOUR BABY!

When looking for someone to take care of your baby, including a child care provider, a family member, or a friend, make sure that you talk with this person about safe sleep practices. Bring this fact sheet along to help, if needed. If a caregiver does not know the best safe sleep practices, respectfully try to teach the caregiver what you have learned about safe sleep practices and the importance of following these rules when caring for infants. Before leaving your baby with anyone, be sure that person agrees that the safe sleep practices explained in this brochure will be followed all of the time.



Face up to wake up – healthy babies sleep safest on their backs.



Do not place pillows, quilts, toys, or anything in the crib.



Supervised, daily tummy time during play is important to baby's healthy development.

## WHAT ELSE CAN I DO TO REDUCE MY BABY'S RISK?

Follow these easy and free steps to help you reduce your baby's risk of dying from SIDS.

### SAFE SLEEP PRACTICES

- Always place babies to sleep on their backs during naps and at nighttime. Because babies sleeping on their sides are more likely to accidentally roll onto their stomach, the side position is just as dangerous as the stomach position.
- Avoid letting the baby get too hot. The baby could be too hot if you notice sweating, damp hair, flushed cheeks, heat rash, and rapid breathing. Dress the baby lightly for sleep. Set the room temperature in a range that is comfortable for a lightly clothed adult.
- Consider using a pacifier at nap time and bed time. The pacifier should not have cords or clips that might be a strangulation risk.

### SAFE SLEEP ENVIRONMENT

- Place your baby on a firm mattress, covered by a fitted sheet that meets current safety standards. For more about crib safety standards, visit the Consumer Product Safety Commission's Web site at <http://www.cpsc.gov>.
- Place the crib in an area that is always smoke free.
- Don't place babies to sleep on adult beds, chairs, sofas, waterbeds, pillows, or cushions.
- Toys and other soft bedding, including fluffy blankets, comforters, pillows, stuffed animals, bumper pads, and wedges should not be placed in the crib with the baby. Loose bedding, such as sheets and blankets, should not be used as these items can impair the infant's ability to breathe if they are close to his face. Sleep clothing, such as sleepers, sleep sacks, and wearable blankets are better alternatives to blankets.

## IS IT EVER SAFE TO HAVE BABIES ON THEIR TUMMIES?

Yes! You should talk to your child care provider about making tummy time a part of your baby's daily activities. Your baby needs plenty of tummy time while supervised and awake to help build strong neck and shoulder muscles. Remember to make sure that your baby is having tummy time at home with you.

### TUMMY TO PLAY AND BACK TO SLEEP

- Place babies to sleep on their backs to reduce the risk of SIDS. Side sleeping is not as safe as back sleeping and is not advised. Babies sleep comfortably on their backs, and no special equipment or extra money is needed.
- "Tummy time" is playtime when infants are awake and placed on their tummies while someone is watching them. Have tummy time to allow babies to develop normally.

## WHAT CAN I DO TO HELP SPREAD THE WORD ABOUT BACK TO SLEEP?

- Be aware of safe sleep practices and how they can be made a part of our everyday lives.
- When shopping in stores with crib displays that show heavy quilts, pillows, and stuffed animals, talk to the manager about safe sleep, and ask them not to display cribs in this way.
- Monitor the media. When you see an ad or a picture in the paper that shows a baby sleeping on her tummy, write a letter to the editor.
- If you know teenagers who take care of babies, talk with them. They may need help with following the proper safe sleep practices.
- Set a good example – realize that you may not have slept on your back as a baby, but we now know that this is the safest way for babies to sleep. When placing babies to sleep, be sure to always place them on their backs.

If you have questions about safe sleep practices please contact Healthy Child Care America at the American Academy of Pediatrics at [childcare@aap.org](mailto:childcare@aap.org) or 888/227-5409. Remember, if you have a question about the health and safety of your child, talk to your baby's doctor.

### RESOURCES:

- American Academy of Pediatrics  
<http://www.aappolicy.org>  
*SIDS and Other Sleep-Related Infant Deaths: Expansion of Recommendations for a Safe Infant Sleeping Environment*  
<http://aappolicy.aappublications.org/cgi/rep rint/pediatrics;128/5/e1341.pdf>
- Healthy Child Care America  
<http://www.healthychildcare.org>
- National Resource Center for Health and Safety in Child Care and Early Education  
<http://nrc.uchsc.edu>
- Healthy Kids, Healthy Care: A Parent Friendly Tool on Health and Safety Issues in Child Care <http://www.healthykids.us>
- National Institute for Child and Human Development Back to Sleep Campaign (Order free educational materials)  
<http://www.nichd.nih.gov/sids/sids.cfm>
- First Candle/SIDS Alliance  
<http://www.firstcandle.org>
- Association of SIDS and Infant Mortality Programs <http://www.asip1.org>
- CJ Foundation for SIDS  
<http://www.cjsids.com>
- National SIDS and Infant Death Resource Center <http://www.sidscenter.org/>
- The Juvenile Products Manufacturers Association <http://www.jpma.org/>

American Academy  
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

Revised 2012

## Guidelines For Breast Milk Storage Followed By Mercy CDC



### Rule of 5

- 5 Hours – Fresh milk at Room Temp
- 5 Days – Fresh milk in refrigerator
- 5 weeks – Milk in refrigerator freezer (DO NOT store in door)
- 5 months – Milk in deep freezer

### Notes:

- Milk thawed in the refrigerator must be used in 24 hours.
- Milk thawed in a basin of water must be used at that feeding.
- Milk that has been touched by the child's mouth is good for 1 hour.

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### Additional Policy:

All breast milk must be properly labeled by the parents and should include the following:

Child's first & last name & date it was extracted.

The container the breast milk comes in (i.e. cooler, bag, water bottle, etc.) must be labeled with:

Child's first & last name.

If breast milk is NOT labeled, the parent will be given one notice. After that, the parent will be contacted with the following options:

They have 30 minutes to come feed the child.

They have 30 minutes to label the child's breast milk.

We can give the child a bottle of center provided formula.